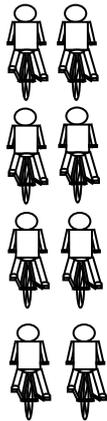
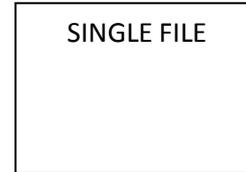
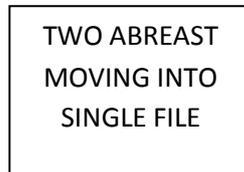
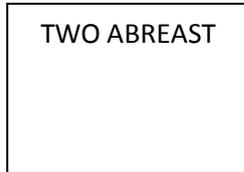




IBC Road Discipline

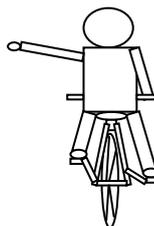
1. Group positioning



2. Hand signals

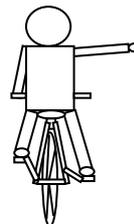
All hand signals should be clear and visible to your riders in the group and road uses.

A. Left Turn



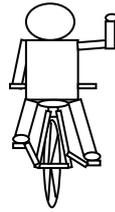
Extend your left arm out horizontally

B. Right Turn



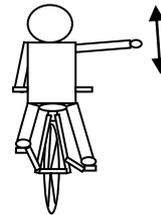
Extend your right arm out horizontally

C. Stopping



Extend your left or right arm full in the air vertically

D. Slowing



Extend your left or right arm horizontally moving it up and down.

E. Moving left



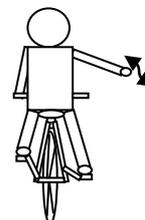
Place your right arm behind your back pointing left this will show that you will be pulling out slightly and moving around the object in the road. (You do not have to brake)

F. Moving Right



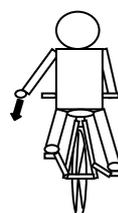
Place your left arm behind your back pointing right this will show that you will be pulling out slightly and moving around the object in the road. (You do not have to brake)

G. Gravel



Extend your right or left arm out horizontally, shake your hand from left to right.

H. Hole



Extend your left or right arm out and point to where a pot hole is in the road. (Be aware to move around the hole yourself)

3. Calls

All Calls should be loud, clear and straight to the point; all members of the group riding should repeat the call up and down the line of riders to make everyone in the group aware of what is going around them.

- A. STOP; bring the bike to a controlled stop in a safe place.
- B. SLOWING: all bikes slow down and be prepared to stop.
- C. CAR UP: there is a vehicle behind moving past the group from the back to the front.
- D. CAR DOWN: there is an oncoming vehicle moving towards the group from the front to back.
- E. CAR FRONT: there is a vehicle in front of the group.
- F. CAR BACK: there is a vehicle at the rear of the group.
- G. PUNCTURE; a member of the group has a puncture and the group should come to a stop in a safe place to aid the rider.
- H. HOLE: Point to a pot hole in the road as passing it.

4. Group rotation

TEAM TIME TRIAL

The front position is on the left. The group is in single file. The rider should spend no more than 5 mins on the front (on a social ride). The front rider rolls to the right and the line of riders move past, once the last rider has past the rider on the right, rider rolls back on to the rear of the line.

THROUGH AND OFF

The front position is on the left. You should spend no more than 5 mins on the front. (On a social ride) The left rider then rolls in front of the right line of riders, dropping speed slightly and moving down the line until the rider reaches the back of the group and swapping back to the left line. This can also be done counter clock wise.

